

STEP 1



STEP 2



## Quadruped Transversus Abdominis Bracing

**REPS: 10 | HOLD: 5 SEC | DAILY: 1**

### Setup

Begin on all fours.

### Movement

Gently release your abdominal muscles, letting your belly relax toward the floor. Then tighten your muscles, pulling your navel in and up towards your spine. Then relax and repeat.

### Tip

Make sure not to hold your breath as you tighten your muscles

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## Bird Dog

**REPS: 10 | BOTH SIDES: YES | DAILY: 1**

### Setup

Begin on all fours, with your arms positioned directly under your shoulders.

### Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

### Tip

Make sure to keep your abdominals tight and hips level during the exercise.

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STEP 2



## Supine Bridge with Pelvic Floor Contraction

**REPS: 10 | HOLD: 5 SEC | DAILY: 1**

### Setup

Begin lying on your back with your legs bent and feet resting on the ground.

### Movement

Contract your pelvic floor muscles, then tighten your buttocks and lift your hips off the ground to a bridge position.

### Tip

Make sure to continue breathing evenly and keep your pelvic floor muscles active.

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## Supine Pelvic Floor Contract and Release

**REPS: 10 | HOLD: 2 SEC | REST: 2 SEC | DAILY: 1**

### Setup

Begin lying on your back with your legs bent and feet resting on the ground.

### Movement

Contract your pelvic floor muscles as if stopping urine flow and stopping gas and then relax, and repeat. (Think about tightening around vaginal and rectal area and pulling up and in.)

### Tip

Make sure you allow enough time to let the pelvic floor muscles release after the contraction. Do not let any muscles outside of the pelvis move as you do these.

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## Supine Pelvic Floor Contract and Release

**REPS: 10 | HOLD: 5 SEC | REST: 5 SEC | DAILY: 1**

### Setup

Begin lying on your back with your legs bent and feet resting on the ground.

### Movement

Contract your pelvic floor muscles by tightening around vaginal and rectal opening and pulling up and inward and then relax, and repeat.

### Tip

Make sure you allow enough time to let the pelvic floor muscles release after the contraction. Do not move any muscles outside of the pelvis.

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### Seated Hip Abduction with Resistance

**REPS: 10 | DAILY: 1**

**Setup**

Begin sitting upright with a resistance loop around your thighs and your feet on the ground. (If you don't have a band you can use a belt or strap from home.)

**Movement**

Pull your legs outward against the resistance, then slowly bring them back together and repeat.

**Tip**

Make sure to keep your movements slow and controlled, and continue breathing evenly during the exercise.

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### Standing Partial Squat

**REPS: 10 | DAILY: 1**

**Setup**

Begin in a standing upright position with your feet slightly wider than shoulder width apart and a chair at your side.

**Movement**

Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

**Tip**

Make sure to keep your back straight and do not let your knees bend forward past your toes. Keep equal weightbearing through both legs. Stay slow and controlled.

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### Standing Calf Stretch

**REPS: 1 | HOLD: 30-60 SEC | REPEAT ON BOTH SIDES: YES | DAILY: 1**

**Setup**

Begin in a standing upright position with a chair in front of you.

**Movement**

Place your hands on the chair and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

**Tip**

Make sure to keep your heels on the ground and back knee straight during the stretch.

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### Seated Hamstring Stretch

**REPS: 1 | HOLD: 30-60 SEC | REPEAT ON BOTH SIDES: YES | DAILY: 1**

**Setup**

Begin sitting upright in a chair.

**Movement**

Place one leg straight forward, then lean your trunk forward, hinging at your hips until you feel a stretch in the back of your leg and hold.

**Tip**

Make sure to keep your knee straight during the stretch and do not let your back arch during the stretch.

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### Seated Hip Adductor Stretch

**REPS: 1 | HOLD: 30-60 SEC | REPEAT ON BOTH SIDES: YES | DAILY: 1**

**Setup**

Begin sitting upright in a chair.

**Movement**

Place one leg straight out to your side and lean forward, hinging at the hips, until you feel a stretch on the inside of your thigh. Hold this position.

**Tip**

Make sure to keep your back straight during the exercise.